Julie Tumbarello,
Active Dreaming
Teacher
May 21, 2021
Issue #54
The
Crazy Wisdom
Weekly

shining a light in the dark
Published by the Crazy Wisdom Community Journal during the Pandemic.

The Crazy Wisdom Weekly

Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson, and Lissa Perrin

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

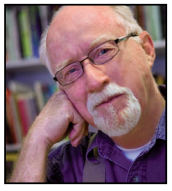
Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

May 26 - Carolyne Wright, a Seattle native, authored ten books of poetry and translated five volumes of poetry translations from Spanish and Bengali. The title poem of *This Dream the World: New & Selected Poems* received a Pushcart Prize and was included in *The Best American Poetry 2009*. She co-edited the anthology, *Raising Lilly Ledbetter: Women Poets Occupy the Workspace*.

June 23 - Kelly Fordon, award-winning writer and teacher from the Detroit metro area, explores personal and class conflicts in city and suburb. Her two recent story collections from Wayne State University Press are *I Have the Answer* and *Garden for the Blind*. Her poetry includes one book, *Goodbye Toothless House*, and three chapbooks. www.kellyfordon.com



July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

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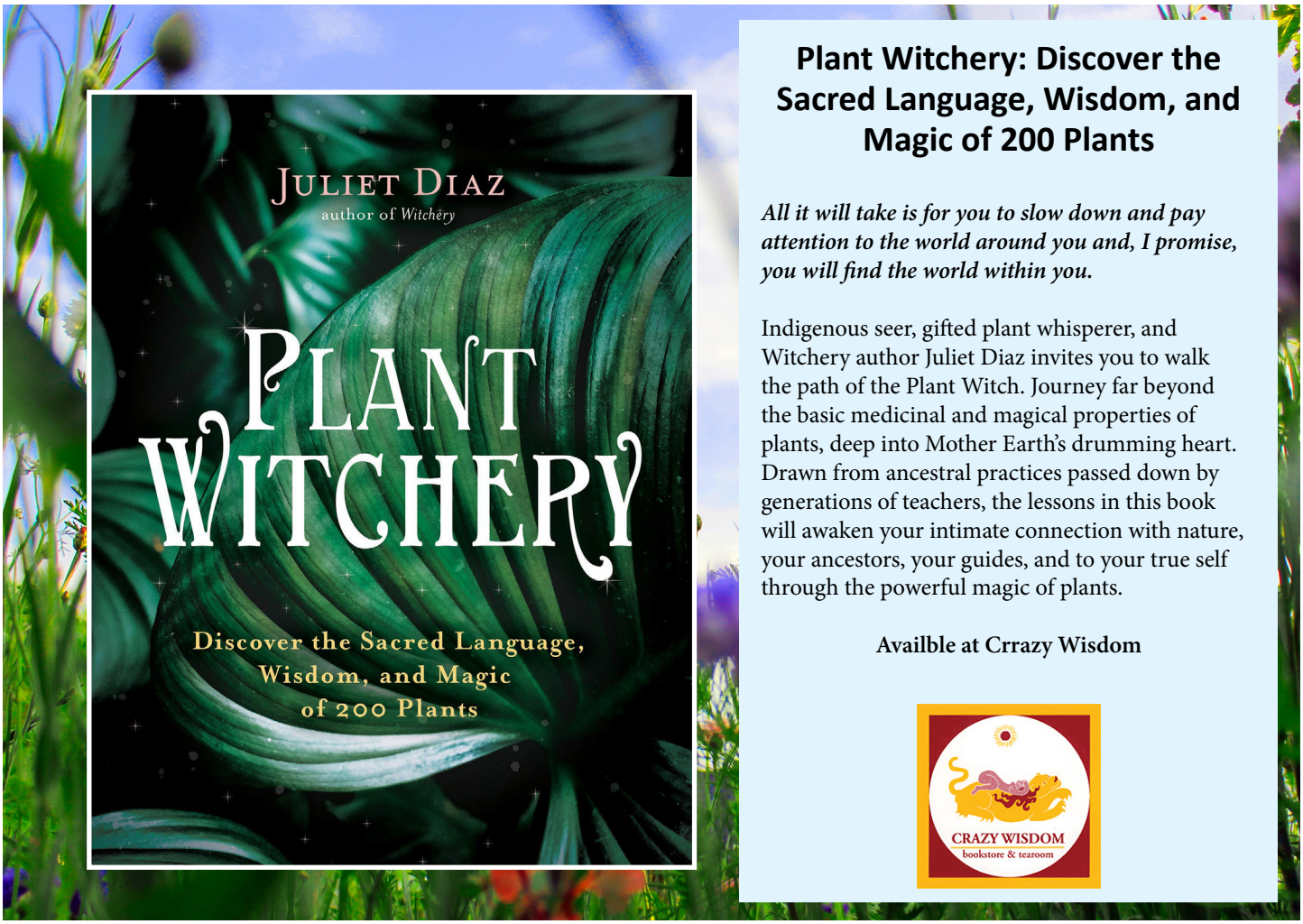

Plant Witchery: Discover the Sacred Language, Wisdom, and Magic of 200 Plants

All it will take is for you to slow down and pay attention to the world around you and, I promise, you will find the world within you.

Indigenous seer, gifted plant whisperer, and Witchery author Juliet Diaz invites you to walk the path of the Plant Witch. Journey far beyond the basic medicinal and magical properties of plants, deep into Mother Earth's drumming heart. Drawn from ancestral practices passed down by generations of teachers, the lessons in this book will awaken your intimate connection with nature, your ancestors, your guides, and to your true self through the powerful magic of plants.

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Thank you to our contributors for this issue:

Nawal Motawi
Michelle McLemore
Julie Tumbarello
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Chimera

A conception or image created by the imagination and having no objective reality.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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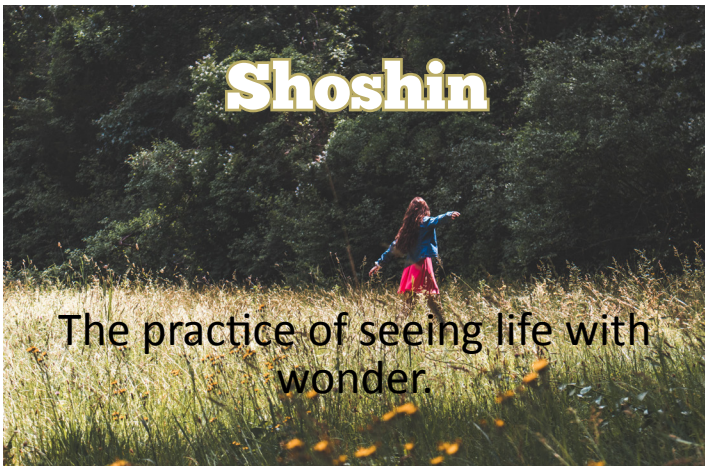
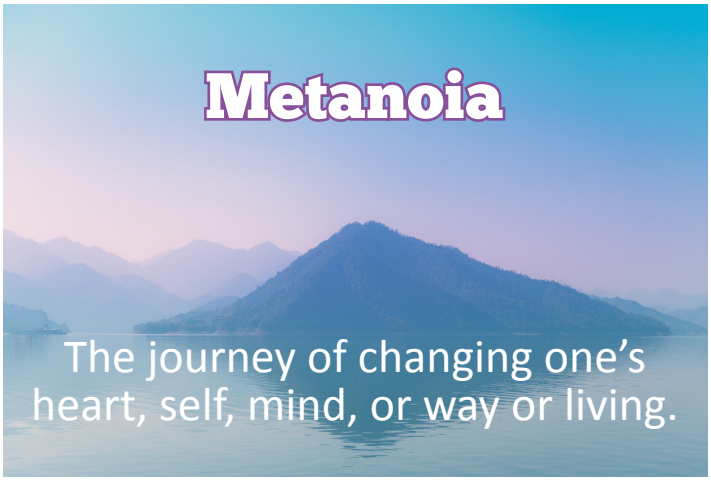
Our Favorite *Words of the Week*

For the last year on page 4 of the *The CW Weekly*, you might have noticed our word of the week. Here we've gathered some of our favorites! We'd love to know which words you found especially interesting, useful, or entertaining.

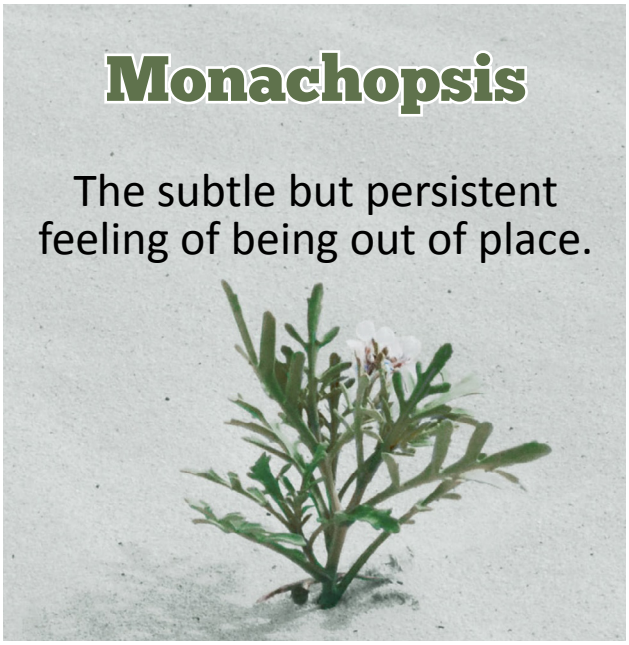


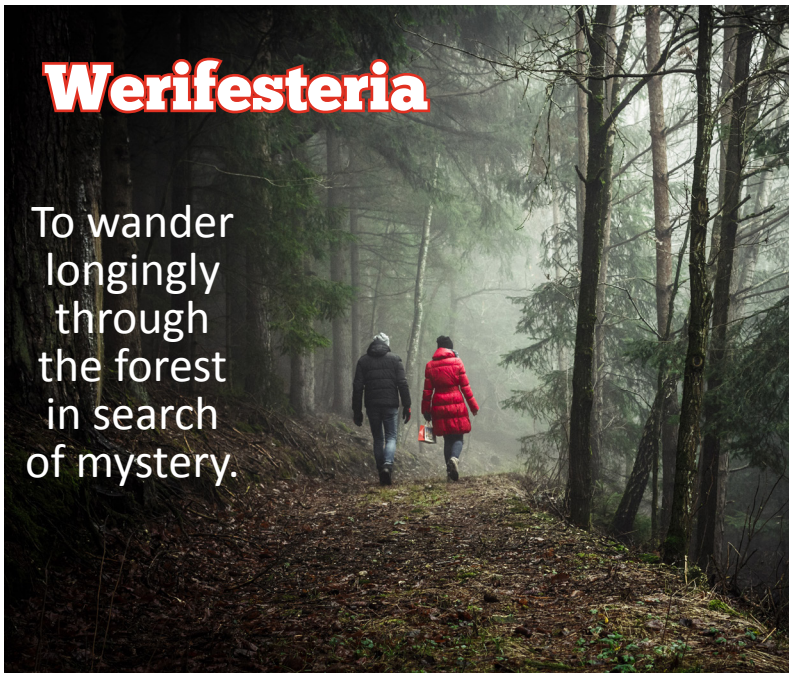
Quantrelle
A woman who emphasizes a life of passion, expressed through personal style, leisurely pastimes, charm, and cultivations of life's pleasures.

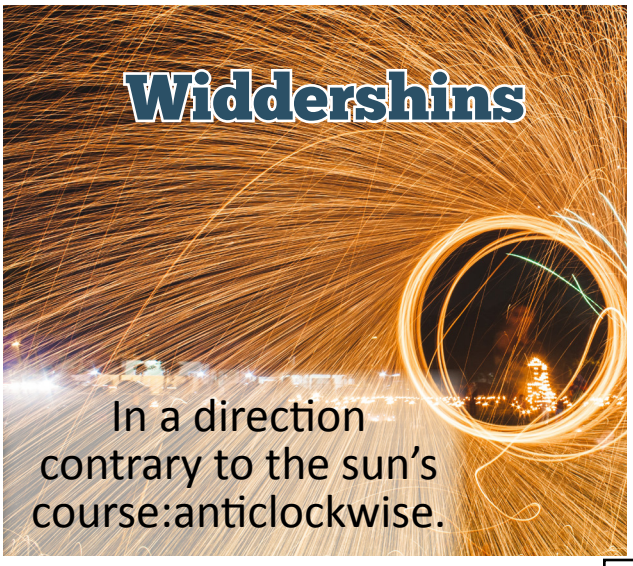


Zemblanity
The inevitable discovery of what we would rather not know.

Sirenize
To bewitch or enchant.


Monachopsis
The subtle but persistent feeling of being out of place.


Werifesteria
To wander longingly through the forest in search of mystery.


Widdershins
In a direction contrary to the sun's course:anticlockwise.

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
May through August 2021 - Issue 77
Cathy King
— The King Family —
Half a Century of Farming, Making Music, Teaching Yoga, and Building Community
HOLLER FEST
Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid • Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians • Acupuncturist Cynthia Esseichick • Susan Westhoff of Leslie Science Center • Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School • How the Farmers Market Survived • Friends Lake Cooperative Community • Yoga Column • Events Calendar • And More

The spring issue of
The Crazy Wisdom Community Journal
is here!

Look for articles on
the King Family of Frog Holler Farm,
Equine therapist Sara Des-Jardins,
Belly Dancing with Sheila May,
the Friends Lake Cooperative
Community, and more!
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Human-Centered Intentional Culture

By Nawal Motawi, Owner and Artistic Director, Motawi Tileworks

Creating a healthy business culture with engaged employees is possible. Clarity of purpose, real care for the people involved, clear expectations and persistence can get you there. The bad news: it is hard. But the good news is that work is much more fun when approached this way.

Purpose

Building a business with a healthy culture starts with purpose. Humans generally want to be part of something meaningful. We want to feel that our work makes the world a better place. Have we all heard the tale about the two bricklayers working on the big church? When asked what they do for a living, the first one says, "I lay bricks." The second one says, "I'm building a cathedral." Which one is more engaged?

Making the owner or shareholders rich is not a compelling purpose. Neither was my original purpose for Motawi Tileworks, which was simply to earn a living making tile I was proud of, in a manner consistent with my values. I didn't want to work for anyone else and I wanted to pit my best thinking and effort to thrive against an indifferent marketplace.

Despite a somewhat murkily defined purpose, Motawi Tileworks earned a reputation over the years for making beautiful tile. The company looked great from the outside, but the inside was not so good. As we evolved from survival mode to thriving mode, choices and changes were necessary. These included alterations to the leadership team and business strategy, and the adoption of a more defined set of shared beliefs we call the Motawi Mojo Manifesto. The format is based on the Planbook concept from Patrick Lencioni's excellent book, The Advantage: Why Organizational Health Trumps Everything Else in Business. Motawi's manifesto guides employee decision-making at all levels and is the most fundamental declaration of our purpose (to enrich the world with beautiful products and healthy business practices) and expectations.

Caring

You must care about your people to get real engagement from them. What does this look like? Caring means getting to know about your employees' lives apart from work. It means valuing differences between people and managing and rewarding in ways that are meaningful to each person specifically.

At The Tileworks, caring means big company benefits like health insurance and vacation pay, and small company benefits like gift certificates to our gallery and monthly Cake Day. It also means allowing employees to use paid time off when their loved ones need care during the workday (without fear or penalty).

These days, the culture at the Motawi companies is as marvelous as the tiles. It's not perfect, but we are in maintenance mode, which is about intentionality and consistency.

Consistency and Persistence

According to another Lencioni book, The Four Obsessions of an Extraordinary Executive, the four most important things a leader can do are establish a cohesive leadership team, create clarity, over-communicate clarity and reinforce clarity.

Our clarity is our defined set of shared beliefs, the Motawi Mojo Manifesto. To embed these into our company DNA we use multiple communication modes regularly and will do so forever: posters on the walls, notes with paychecks, stories read aloud, emails, mojo contests - anything memorable and fun will work. When your employees start sassily parroting your manifesto back to you, then you know it has sunk in!

A company's purpose must also be reinforced by actions – especially the big, hairy, hard stuff: hiring, firing, rewarding and coaching. We take incredible pains to hire the right kind of people. We want people with drive, who work hard, who have some humility and who can get along with other people. We are intentional about rewarding behavior consistent with those values, and not just with pay raises. At our weekly all-staff meetings, we set aside time for employees to publicly thank each other and nominate each other to receive gas money for doing things that go beyond the call of duty. Additionally, Motawi's bonus program rewards all employees equally when our financial goals are met.

How do you know if your efforts to build an intentional culture are working? You will be making enough profit, retaining great employees and having fun! As we say at Motawi Tileworks, it's *fun* to be good.

By Michelle McLemore

In every class I teach targeted to discuss sleep, inevitably a few students say they have "never dreamed." Tactfully, I point out that it's highly improbable. Not remembering a dream is not proof that one does not dream. It is, however, an indication that they are not yet utilizing the gifts of the dream state.

Nurturing one's night dreams can yield many benefits. At base level, dreams can be entertaining. Yet, in regard to enrichment, dreams can enable problem-solving for a real-life dilemma and help us process emotions in ways that may not have been possible nor allowed in waking society. In the dream state, one can synthesize information for accurate predictions, practice empathy, explore how to combat anxieties and deal with traumas and fears. The mind can move beyond brainstorming to literally create stories, songs, and inventions. Finally, it can access telepathic and spiritual communication with others. As exhilarating (I think) as all those potentials are, their useability is limited for those who do not remember their dreams. So, why doesn't everyone remember their dreams?

Improving the quality of sleep is the first level. Caffeine and certain foods can interrupt your peaceful sleep as well as cause you to wake up to release your bladder if you consume close to bedtime. Analyze your patterns and adjust.

Light and temperature in the environment near where you are trying to rest can keep you closer to wakefulness rather than deep sleep. Do you sleep better in warmer or cooler temps? Technology (phones, television, earbuds, videogames) used too close to bedtime (and without putting them on silent) can keep your brain ever watchful, straining to hear alerts, thinking you might just be needed so you shouldn't dare sleep too deeply. Put only your closest emergency contacts on your favorites call list so they will come through despite selecting "do not disturb" for all others. Mute social media notifications during scheduled sleep. Irregular sleep patterns due to changing job shifts or social choices can disrupt consistent dream states. If it is possible to establish a regular bedtime, it will be to your advantage. Anxieties, worries, and depression can also subtly impact the quality and depth of sleep people may attain. For some, surviving the current day is a tremendous relief, however, they dread going to sleep and having to wake up to survive the next day. Stress management is critical to a healthy mind, body, and spirit.

The few people I have encountered who are not interested in exploring their dreams to improve their waking quality of life were concerned with avoiding dreaming because of nightmares. Distress and trauma pushed down, or not dealt with during waking hours, can manifest during night dreams as an attempt to push the sleeper to commit to healing. As trauma is dealt with, the need for the nightmares as a catalyst for healing diminishes. The nightmares will stop or transition to other topics that have been stifled. Your brain isn't trying to torture you with traumatic memories or fears. It is trying to get release necessary for healing, and it will continue prompting you to get help until you do find something that works.

Sleep disorders, physical pain, and even a natural, aging factor of decreased melatonin can influence deep sleep and dreaming. Addressing physical health during the day does extend into improved sleep. Research nutrition, supplements, and exercise potentials. They don't have to be expensive nor super intensive. Every person has their own needs. 10,000 steps is just someone's estimated suggestion for needed movement in today's sedimentary convenience-framed lifestyle. For others it might be 20,000 steps. For even others, yoga, weightlifting, or swimming might be more impactful and wiser for their physical conditions.

If you handle the factors that are interfering with solid sleep, then working on improving recall is next. Identify to what extent your family or culture placed importance on dreaming and dream analysis while you were growing up. Did you discuss dreams or dismiss them? Were you encouraged to look to your dreams for ideas and solutions? What is your personal belief now about its importance? The good news is this is within your

power to change. Is it important to you? If it hasn't been, then you need to consciously begin reassuring your brain it is now important and shall be in the future. Tell yourself during the day and at bedtimes, "I want to, and will, remember my dreams." Eventually, when your subconscious believes you, you won't have to keep up the persuasion.

Keeping a dream journal next to your bed with a free-flowing pen is useful. The less you move upon coming to a conscious state, the more easily you will retain the link to the dream information. Move one arm to grab the materials and jot down key phrases without opening your eyes or flailing around. Just one or two-word phrases will be enough to recall more details later in the day when you have established time to flesh out the notes and analyze the thoughts.

If you can set your intention to wake before an alarm or house pet wakes you, that will also be helpful. The less interruptions that will jar you awake will help you maintain the dream connection. Again, quietly move to grab the materials to record. Maybe you prefer a digital audio recording device. Keep it a simple one because as soon as you open your eyes, your brain will begin registering extraneous stimuli that may cancel your nocturnal recall.

And what if you are startled awake despite your best intentions? As soon as you can, close your eyes again, take a few slow deep breaths, and simply tell yourself, "I want to recall my dreams. What did I dream?" Then, wait. Take more breaths as needed… and wait. As your brain and psyche come to learn of your commitment, it will bring the desired information back to you. Be patient with yourself, especially if you do not have a long habit of honoring your dream information.

Finally, you must commit to analyzing your dreams. Simply knowing you have dreamt is only opening the door. An amazing and enriching world awaits you across the threshold.

For information on dream analysis, consider taking a class with Michelle McLemore, CHTP, Rev, and stress management coach. Review the Crazy Wisdom Community Journal Calendar or the Crazy Wisdom Weekly for her currently scheduled classes or contact her at energy@michellemclemore.com for one-on-one dream coaching.

By Julie Tumbarello

I've been a dreamer as long as I can remember. Not just a night dreamer, but a day dreamer—one who notices signs, synchronicities, and coincidences from the universe. Like many of you, as a child I would share my dreams and experiences to little acknowledgement. For me, the dreams continued to come, and I longed for an understanding of the messages they were delivering. So, over the years whenever I ran across a book on dreaming, I would pick it up. Some I finished, others fell by the wayside. All of them were missing something that I couldn't quite put my finger on.

Then one afternoon I attended a meditation group, and the leader mentioned Robert Moss. As I had done so many times before, I decided to look up this dreamer. I was surprised to find that Moss, unlike the others I had researched, had written many, many books on dreaming. I decided to read one of his books and was drawn to *The Three Only Things: Tapping the Power of Dreams, Coincidence and Imagination*. As soon as I began, it felt like a coming home. This wasn't just any kind of dreaming practice; it was Active Dreaming, where night and day dreams come together with the interplay of synchronicity, coincidences, and imagination. The best part of it all was that it draws from the strength of shamanic tradition, which focuses on experiences of the dreamer herself.

As soon as I started the book, I could not put it down. So when a scheduled work trip came up, I packed the book in my carry-on and took it along with me. It was a hot July day and I was on my way from Detroit to Rhode Island. I arrived at the gate a few minutes early, so I took a seat near the boarding area and eagerly pulled out my copy of *The Three Only Things*. I resumed my reading at chapter 8: "Coincidence and What Wants to Happen." I started to read: "The Romans were especially devoted to getting messages from the flight and the voices of birds . . ." VOOM! Something passed over my head. I looked around but didn't notice anything. Back to reading: "Before making an important decision, top Roman officials, accompanied by members of the council of augurs (bird-watchers) . . ." VOOM! The woman next to me exclaimed, "Wow! That was close!" I glanced up from my book just in time to duck as another bird flew right at my head. I looked at the book, then looked at the bird and thought: I am so glad I was not reading about elephants!

We soon packed up our belongings and boarded the plane. But, as sometimes happens, there were mechanical issues. We got back off the plane while the issue was attended to and since it was around lunch time, I decided to get a salad and iced tea. I found another spot in the airport and sat down, placing my salad on my lap and my iced tea on the floor next to my right foot. It was one of those hot, humid Michigan summers, and even though the terminal was air conditioned, it was still quite humid. My iced tea started to sweat as the humidity condensed on my cool cup. Within minutes a small bird appeared, hopped up to the cup and began drinking the refreshing droplets of water. Soon another bird appeared and joined in, then another, and another. Shortly there were a half dozen birds gathered around my cup hopping in and out drinking the water drops. People were stopping and commenting on my "little buddies." Others stopped to take pictures. This went on for quite some time until it dawned on me that I had my own camera. I gently reached into the bag next to me, slowly pulled out my camera, and hovered it over the top of my cup and snapped the moment. I later reviewed the picture and noticed what I had captured was a round circle with birds gathered around it. I looked at the front cover of The Three Only Things, and the picture on the front cover was of birds, gathered around a circle—a bird bath, and a place for them to drink water.

Moss has said truth comes with goose bumps. When I saw the pictures of the birds at the airport gathered around my cup and the front cover of *The Three Only Things*, I was one big goose bump. I knew in that moment that these birds were my messengers and the message was clear. "Through dreams, coincidences, and the workings of imagination, we begin to remember that there is a world beyond the obvious one, and that it is there we reawaken to who we are and what we are meant to become" (p. 3). These dreaming birds reminded me of what I already knew and were pointing me in the direction for reawakening. A reawakening to a life as an Active Dreamer.

Following the message from these birds and listening to my dreams, I went on to study with Robert Moss and became an Active Dream teacher. I'm passionate about Active Dreaming for many reasons, but most of all because it is about both spontaneous night dreams and being open to all of life's experiences, including those that play out during the day. These experiences cannot, and should not, be isolated from one another. Active Dreaming means being open to the universe, and life 24/7. When we open up to the powers that speak to us in dreams and messages from the universe during the day, we have access to an amazing resource that allows us to be full active participants in how we create and dream our lives.

Learn more at DreamingJulie.com.

Crazy Wisdom Book Pick of the Week

Purchase your copy of *From What is to What If* at shopcrazywisdom.com.

By Rob Hopkins

The founder of the international Transition Towns movement asks why true creative, positive thinking is in decline, asserts that it's more important now than ever, and suggests ways our communities can revive and reclaim it.

In these times of deep division and deeper despair, if there is a consensus about anything in the world, it is that the future is going to be awful. There is an epidemic of loneliness, an epidemic of anxiety, a mental health crisis of vast proportions, especially among young people. There's a rise in extremist movements and governments. Catastrophic climate change. Biodiversity loss. Food insecurity. The fracturing of ecosystems and communities beyond, it seems, repair. The future—to say nothing of the present—looks grim.

But as Transition movement cofounder Rob Hopkins tells us, there is plenty of evidence that things can change, and cultures can change, rapidly, dramatically, and unexpectedly—for the better. He has seen it happen around the world and in his own town of Totnes, England, where the community is becoming its own housing developer, energy company, enterprise incubator, and local food network—with cascading benefits to the community that extend far beyond the projects themselves.

We do have the capability to effect dramatic change, Hopkins argues, but we're failing because we've largely allowed our most critical tool to languish: human imagination. As defined by social reformer John Dewey, imagination is the ability to look at things as if they could be otherwise. The ability, that is, to ask What if? And if there was ever a time when we needed that ability, it is now.

Imagination is central to empathy, to creating better lives, to envisioning and then enacting a positive future. Yet imagination is also demonstrably in decline at precisely the moment when we need it most. In this passionate exploration, Hopkins asks why imagination is in decline, and what we must do to revive and reclaim it. Once we do, there is no end to what we might accomplish.

From What Is to What If is a call to action to reclaim and unleash our collective imagination, told through the stories of individuals and communities around the world who are doing it now, as we speak, and witnessing often rapid and dramatic change for the better.

Report from the Pandemic Front

The Fog Lifts

By Bill Zirinsky

Is this what it was like when World War II ended? When World War I ended? When the Spanish Flu Pandemic of 1918-1920 ended? One day, after Germany surrendered, it was all over. Not with a bang, but with a whimper. Or after Japan surrendered? (Well, there was a bang in that instance. A horrific bang.) Just over. That's how last Thursday felt. Without any advance warning, the CDC said it was over, for all of us who have been vaccinated, wearing masks, taking Covid very seriously. Just over. It was declared, in a definitive way, that we are at very low risk of getting infected, and at exceptionally low risk of transmitting the virus to others. Finally, it was over, we could relax, unmask at our own pace, but knowing that it was really safe to do so. All over the country, people unmasked, breathed more easily, could see the horizon open. MASKS OFF!

In the Ann Arbor world I inhabit, there was an exultant magic in the air last Thursday, Friday, and Saturday. My friend, David, and I strolled down Main Street on Friday evening. Masks were off, but even more, it was the lightness in the atmosphere, the smiles, the collectively grasped sense of the fog having lifted, life beginning again, and on a lovely spring night.

Ellen and John, in their 60's, who would not so much as meet for conversation on our front yard, came over for an unmasked brunch on our porch. Peter, 74, called. Living in the Lurie Terrace apartment building for seniors, and in vulnerable health, he had steadfastly declined any and every form of in-person contact for 15 months. He invited me to come over and sit on his outdoor terrace with him. Stephanie brought her twin teens over for a meal, and her kids, and my 13-year-old, Grace, congregated inside, at ease. This morning, my wife, Ruth, and Grace hosted a long-scheduled mothers-and-daughters book group with five other moms-and-daughters; they had last met on Zoom in August. Today, it was in-person, sharing food and space and laughter. And without worries or fretting.

And in my Facebook world, and by way of text, I could see friends, and one-degree-of-separation-friends and acquaintances, doing things that they hadn't done for 15 months. Julie, in NYC, sent a video by text of ad hoc performances and theatre on a West Side street corner. Michael, a retired philosophy professor who lives alone, finalized plans to take two trips this month, one to San Francisco, and one to D.C., to see children and grandchildren. Next door neighbors, Alex and Bonnie (he's an integrative physician, knowledgeable and careful), are having all five of their grown kids, spouses, and grandchildren come into town to be together, in-person. They hadn't even had their local daughter and physician-son-in-law and grandsons come into their house for 15 months. And Joanne and Jeff (another physician), who live in Greenwich Village, were posting photos of their long weekend at the Hampton Maid Hotel in Hampton Bays, eating out, celebrating, going on nature walks, and they'd been super- careful through the whole pandemic. Joanne was one who had suffered through living in a multi-story apartment building during the pandemic, uneasily sharing elevator rides with her neighbors.

It is over. What seemed, at times, interminable, darkening, isolating, compulsifying (not a real word), saddening, unique, and riveting in its own way, was now over, officially speaking. And though it may and will linger in various aspects for quite some time, it is fundamentally over, and thanks to mainstream medicine having developed a vaccine. A true scourge is being defeated; vaccine-shot-by-vaccine shot. A great victory for science, for research, for organizational capability and prowess, for governmental and private sector collaboration.

There were many "gifts" that have come from these pandemic months, and many of them have been noted by me, in previous essays, and in many other personal essays of this time. There is much to be appreciated about the close-knit bubbles that some of us could partake of. And our cultural adaptability was profound—Zoom et al. And we in Ann Arbor, this educated and well-off demographic, we all learned, and stretched, and grew. In other demographics, more so than in Washtenaw County, many

individuals and families suffered terribly. Income disparities and racial disparities really mattered and were never clearer to behold.

I will never forget our cuddling with our younger daughter each night of the pandemic to watch an entire slew of Netflix series—heartfelt and moving family storytelling: the Gilmore Girls, Atypical, the Fosters, Grace and Frankie, Anne with an "E", Schitt's Creek (if you can call Schitt's Creek 'family storytelling'). And the most satisfying thing I did during this pandemic was to reach out across the miles and years to old and dear friends from early childhood and grade school and camp and summer programs and college and young adulthood and early family life, and to write to them: "Hello, I hope you're doing well, and making your way through these pandemic months." And the ensuing correspondences meant so much to me. As one friend said to me, "If you're in your 60's and you're not going to reach out to those people during the pandemic, when will you ever?" The loss of simple human contact, touching and being nearby, and being in groups and crowds, and sharing meals, and seeing the faces and smiles of one's friends and acquaintances—let's face it, it was awful.

So lucky to have been living in Ann Arbor in the years 2020 and 2021 during this plague, but still let's capitalize the truth: it was AWFUL.

I missed the life that I had lived for every day of my life prior to this pandemic—the life promised to me in every children's book that was read to me when I was three years old: the life of people, neighbors, grocers, coaches, religious school, art galleries, bakeries, movie theatres, bus trips, airplane rides, staying at hotels, public pools and team sports in local parks, school soccer and basketball games, rock concerts, bars, baby showers, in-person graduations, in-person Bat Mitzvahs, in-person weddings, church picnics, dance classes and yoga classes, sharing mirrors in busy department stores, in-person conferences, folk music venues, packed city council meetings about controversial proposals. In this town, we have missed the Ann Arbor Art Fair and the Summer Festival, the Burns Park Run and the Dexter-Ann Arbor Run, the Water Hill and Frog Holler Music Festivals. And school musicals and plays, and the Roos Roast lunch counter, and Benny's, and Zola Bistro, and shared platters at Chinese restaurants.

Bring it all back. We can start living again. We can have our lives back. Hallelujah!

The toll it has taken, and will take, on our children, on our society, on our peace of mind, is not yet fully measured or understood. Maybe our (my) kids will recover quickly, maybe not. Who knows? But this awful and frightening intrusion and interruption and viral nightmare is over. It is over. (For the vaccinated.) Thank God. Hallelujah!

Bill Zirinsky is the Publisher and Editorial Director of the Crazy Wisdom Community Journal. He and his wife, Ruth, have been the owners of Crazy Wisdom Bookstore since 1989.

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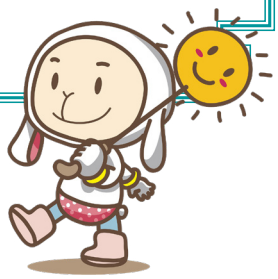
The Crazy Wisdom Weekly Calendar



Animals and Pets

Basic Animal Communication with Judy Liu Ramsey• Saturday, June 19-Sunday, June 20 • 9:00 a.m. • Rediscover your natural telepathic communication skills with step-by-step instruction. In a supportive class environment, learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Class will be online via Zoom format. Required reading: Animal Talk by Penelope Smith. $150/$75 for repeating students. Contact Judy Ramsey via email at ramsey.judy003@yahoo.com or https://JudyRamsey.net.

Art and Craft

Summer Art Class—Just for Fun (4-week course via Zoom) with Sharon Foley Bock • June 3, 10, 17, 24 • 1:30 p.m. • Join fellow art Zoomers in this series designed to help you explore, create, and enjoy methods for fashioning whimsical pieces of 2-dimensional art. Experience not required. YOUR talent is a given. Materials are easily obtained wherever you are, and prompts and techniques will be provided each week. Each two-hour session will lead you through activities that will boost your creative energies while reviewing foundational practices that underlie successful art endeavors. The course is 4 weeks; 2 hours per session. Cost $50. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays: June 14 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: June 6, June 20, July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Vesak Day: How Buddha Defeated a Swarm of Demons with Demo Rinpoche • Wednesday, May 26 • 7:00 p.m. • Demo Rinpoche gives a free public talk in honor of Vesak Day, an annual celebration of the birth, death, and parinirvana of Buddha Shakyamuni. Free. Donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, go to the Jewel Heart website at jewelheart.org.

Three Approaches to Profound Reality with Professor Guy Newland • Every Wednesday in June: June 2, 9, 16, 23, and 30. • 7:00 p.m. • When Buddha meditated on the causes of human suffering and dissatisfaction, he found liberation, which he described as realizing Profound Reality. Professor Newland will contrast three different approaches to getting to Profound Reality by three eminent Tibetan masters: Dolpopa Sherap Gyaltsen, Jamgön Lama Tsongkhapa, and Goram Sönam Senge (more familiarly known as Gorampa). $100 Jewel Heart Members / $125 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org.

Impermanence—Death and Dying (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, June 5 • 9:00 a.m. • Wonderful is life, short its nature (Je Tsongkhapa, 3 Principles). Why dwell on the end of life? We don't know what's on the other side, and if we can prepare, now is the time. By realizing the fragility and beauty of our life, we take more care to appreciate it and make the time we have left count. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org.

Everyday Compassion with Susan Billmaier and Special Guest Brad Vanlandingham. (Karma Jinpa Tarchen) • June 6, 13 • 10:00 a.m. • Compassion literally means to suffer together. It is a concern for the well-being of others; it is our capacity to be open to the reality of suffering and to aspire to its healing. Compassion is similar to other types of emotional understanding such as empathy (a vicarious experience of another person's emotion); altruism (a principle of devotion to the welfare of others); and benevolence (a desire to do good or promote the happiness of others through kindness and generosity). This class teaches tools to increase capacity for compassion by making it tangible and concrete within everyday situations and relationships. This skill increases personal emotional resiliency and fortitude, which can then be used to increase the quality of compassion in relationship with other people. $54. Contact Susan Billmaier at 734-678-2071 or evenstar.institute@gmail.com. Visit evenstarschalice.com/courses.html for more information.

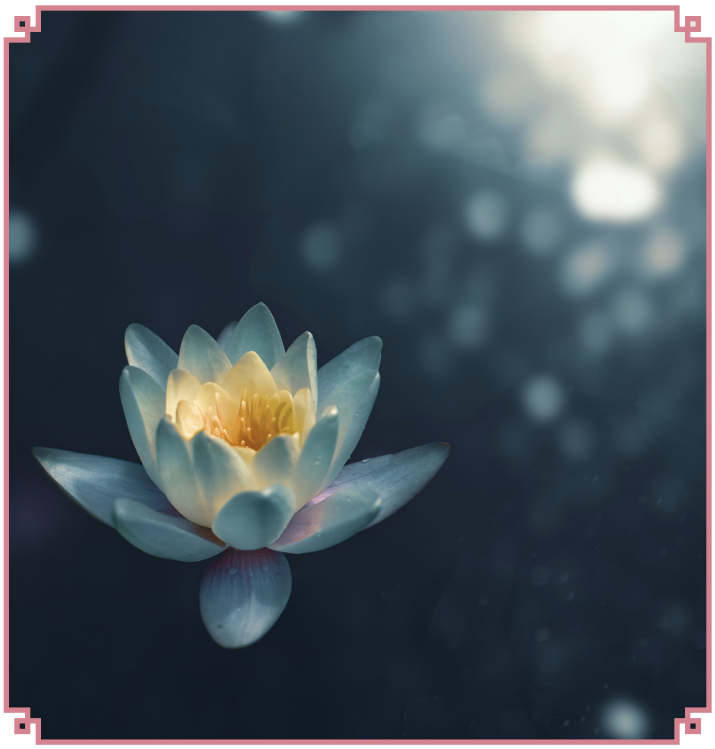
Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month May 23 - August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Summer Solstice and Blessing of the Labyrinth with Esther Kennedy, OP • Sunday, June 20 • 3:30 a.m. • Those of us in the Northern hemisphere of our beautiful planet gather to remember our connection to the Sun, source of our light. We celebrate the fullness of life growing in the fields around us. In gratitude for all, we light the Solstice Fire. As it burns, we honor the spiritual fire within each of us. Free and open to all. Contact the Weber Center at 517-266-4000 or visit webercenter@adriandominicans.org.

Children and Young Adults

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg, R.P.T., and Certified Essence Repatterning Practitioner • Sunday, June 13, July 11, August 15 • 1:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, or dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of 1000 Years of Peace. $50 for a 2-hour class; meets one time/month for about a year. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.



Have you been looking for a reasonably, brief routine for stretching and simplified meditation?

Volunteer for this informal study by energy practitioner and stress management guide, Michelle McLemore CHTP, Rev. Potential benefits are a decrease in muscle tightness, decrease in joint stiffness and pain, increase in self-confidence, positive mood, and flexibility.

For the month of June, you will be asked to complete an activity 1-3 times a week, 1 to 2 times a day based on the lottery draw for group assignments. The activity will approximately take 10 to 30 minutes a day depending upon study group sort and your personal preference needs in each stretch. A before and after brief survey will accompany each activity session.

The study builds upon prior research studies regarding the impact of positive thought and the meditative postures used in yoga and common world religions. Participants' identities will be kept confidential, and their information will not be released to any other parties.

Register by emailing energy@michellemclemore.com by Tuesday, May 25. An Informed consent form and health survey will be sent. Registrants will then be randomly assigned to one of the research groups and activity directions. At the end of June, participants will be expected to complete a post-study survey. At that time, participants will have the option to signify interest in receiving a free summary of the results and free participation in the July Moving Meditations workshop.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • May 22, 23 or Jul7 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Care-Giver Guidance: Assisting & Honoring the Transition (via video conferencing) with Michelle McLemore, CHTP, Rev. • Monthly on Second Monday: June 14 - August 9. • 30-minute sessions; Time TBD based on group needs. • Care giving is immeasurably important and an honor. Yet, it can be both physically and emotionally challenging. How to respectfully handle declines in your charge's physical and mental abilities? How to understand and support when the veil between here and there becomes thinner? To honor your time, join us for just 30 minutes a month for ideas, a chance to ask questions, share situations, and be supported as you do this physical and spiritual work. Sessions are free, though donations are appreciated. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. $50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Energy and Healing

Healer & Ascension Certification Course with Rev. Eve Wilson, Director of The Healer Development Program. • Every other Thursday for 14 months beginning May 20 • 7-10 p.m. • Learn healing and ascension work for people, pets, and the planet. Physical, emotional, mental, spiritual healing, rewrite soul contracts, heal past lives, resolve traumas, empower, strengthen unity with Higher Self and wholeness. Grads eligible for Legal UCM Healer Practitioner Certification throughout the USA and soon in Canada. $3200. Contact Eve Wilson at 248-854-6873 or evew@spiritualhealers.com; spiritualhealers.com.

Intro. to Energy Sensing and Healing with Michelle McLemore, CHTP, Rev • Saturday, June 12 • 1:00 p.m. • What unites all energy modalities and theories? Learn the Earth's and basic human energy anatomy systems. Discover how energy and higher sense perception (aka E.S.P.) relate. Rediscover peace in grounding exercises and joy in sensing and interpreting energy patterns. Practice energy-scanning and healing techniques on-site. Book with a partner or make a new friend in class. 2.5 hour class. $75. ($10 for prior students wanting refresher.) Class size is limited. You may choose to wear a mask, but it will not be required per individual's health needs. You will, at times, be completing exercises within a 6-foot distance of others; during general instruction, chairs will be spaced accordingly to most recent CDC/Health Dept. education recommendations. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

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Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • May through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. $10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Life Transitions

Navigating Loss and Grief in Grace with Barbara Hutton • May June 21, July 25 • 12:00 p.m. • A 2-hour class which includes exploration, sharing (totally voluntary) and guided imagery/meditation. An experience held in the context of Wholeness. $35. Contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

Meditation

Working with Right Effort, Right Concentration, and Right Mindfulness: Online Meditation Retreat with Insight Meditation Ann Arbor • June 4 • 7 p.m. • We will explore the elements of samadhi – right effort, right mindfulness, and right concentration. The focus will be on experiencing these elements so that we can integrate them into our lives. The retreat will be held via Zoom from 7-9pm on Friday June 4 and 9am-4pm on Saturday June 5. John Cunningham has been teaching meditation for over 20 years. His practice and teaching combines Vipassana, loving-kindness and non-dual teachings from various spiritual traditions. This retreat is offered freely as an act of generosity (dana). An opportunity to donate will be made available during the retreat.
Register at insightmeditationannarbor.org/retreats.

Mornings of Mindfulness with Esther Kennedy, OP • June 5, July 10, August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. $15; $40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Seven Notes: Online Sound Bath with Rob Meyer-Kukan • June 6 • 7:00 p.m. • An exploration of the seven notes of the music scale and a celebration of the instruments at 7 Notes. Join Sound Therapist, Rob Meyer-Kukan for this time of sonic delight designed to help you relax and restore. This sound bath meditation is a donation-based model; to offer a heart-felt donation, visit paypal.me/robmk. To watch or listen to this sound bath meditation, visit youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

Prosperity and Abundance

Doula Business Development Workshop with Patty Brennan • Saturday, June 19 • 8:30 a.m. • Visioning, launching, and growing a business is a creative act. It necessarily involves getting outside of your comfort zone, the humility to be a novice, and a willingness to learn. The payoff is becoming one of those rare people who loves their job, who gets paid for doing work you were born to do, on your own terms. $220; $200 early bird. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Reiki

Reiki Level 2 (In Person) with Julie Sottek • May 29, June 26, July 24, August 21 • 11 a.m.- 6 p.m. • Prerequisite: Reiki Level 1. Level 2 Course is a combination of lecture, discussion, demonstration, and practice time. Each student will experience giving & receiving a complete session using Byosen scanning and the hand placement system. We will practice using all the Reiki 2 symbols as well as the techniques mentioned level 1. Level 2 Course includes certificate and materials. Light snacks and water will be provided. Students should dress comfortably, bring a notebook to journal and lunch. Limited participants. $75 deposit required at registration. $150 Level 2 Only*, $290 Level 1&2. LARA and State of Michigan health protocols will be practiced including face coverings and 6-foot distancing. Contact Julie Sottek at 517-917-7910 or dragonflydeo@gmail.com; dragonflydeo.com.

Retreats

Purposeful Pivots "Movement is medicine" Spring Retreat • Saturday-Sunday, May 22 • 8 a.m. • This year was trying for many of us, but wouldn't you LOVE the opportunity to feel a renewed sense of stability? During our retreat we will ACTIVATE our potential to call any emotional response we desire to feel into our reality! We will MOVE the emotions and SHED what was, NOURISH our nervous systems, EMBODY our ability to know peace and ALLOW ecstatic joy through movement of the body, breath and the soul. Join us for a weekend of MOVEMENT MEDICINE Circle up with your fellow sisters to experience many forms of movement including Yoga, Nia, World dance workout, drumming, meditations, freedom of expression playshops, tribal belly dance, Buti Yoga, Afro-core energizer, laughing yoga, an offering prayer ceremony, and so many more sacred treasures! Visit : "Purposeful Pivot Goddess Retreats" on Facebook to get connected or email coachjulie@kouyatehealingarts.com.

Heart Sutra with Demo Rinpoche • Friday, June 18, Saturday, June 19, 8:30 a.m. to 8 p.m.; Sunday, June 20, 8:30 a.m. to 5 p.m. • The Heart Sutra, one of Buddha's greatest gifts to humanity, is a quintessential teaching on the true nature of reality. $180/Jewel Heart Members, $225/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org/retreats. For more information, call Jewel Heart at 734-994-3387 or message programs@jewelheart.org. jewelheart.org

The A-B-C's (and D-E-F-G's) of Light Body (2-day course via Zoom) with Karlta Zarley, RN, CHTP • June 19, 8 a.m.-12:30 p.m. and June 20, 1-5:30 p.m. • We will be reviewing the basics about Light Body transformation and then going on to more advanced material. You will get to assess where you are in this process. Registration deadline is June 10. Attendance is limited to the first 12 people so there is plenty of time for Q&A. $110. Contact Karlta Zarley at 734-834-1566 or kzarley88@gmail.com.

Shamanism

Introduction to Journeying with Connie Lee Eiland, Shamanic Practitioner • May 23, August 8 • 9:45 a.m. • 6 hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. I have added instruction in long distance power animal retrieval. $70 until two weeks before, then price goes to $80. Contact Connie Lee Eiland at 248-809-3230 or clshebear7@gmail.com; SheWolfShaman.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.

Healing with Spiritual Light with Connie Lee Eiland, Shamanic Practitioner • June 12 • 10:00 a.m. • This class teaches transfiguration, bringing quantum physics in as we work with the unlimited powers of the universe. In Healing with Spiritual Light, we become the Light. Healing is through the Law of Resonance. This method doesn't see the client as ill. $180 until May 29, then $220. Contact Connie Lee Eiland at 248-809-3230 or clshebear7@gmail.com; SheWolfShaman.com.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, May 21, June 18, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Connecting with Archangels - Parts 1, 2, 3, & 4 with Karen Greenberg, R.P.T., Certified Essence Repatterning Practitioner • Sundays, May 30, June 6, 13, 27 • 9:00 a.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, whom to call for specific assistance, and how to safely call upon them. Connect -- Ask Questions—Often Receive Helpful Information. $180 for all 4 parts. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Catholicity in an Evolving Global Church with Massimo Faggioli, PhD • Thursday, June 10 • 7:00 p.m. • Pope Francis' pontificate represents a threshold: there is a liminality to Francis's papacy that opens Catholicism toward a new sense of the global dimension. This started with his very election in the conclave of 2013 and symbolizes the entire pontificate and its meaning for global Catholicism. This new phase toward a new relationship between Catholicism and globalization means a new comprehension of the geography of the Church, of the relationship with different religious traditions, and civil coexistence in one human family. Open to all. Donations appreciated. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

Stress Management

The Complete Yoga and Meditation Stress Management Course with Ema Stefanova E-RYT500, C-IAYT • Saturday & Sunday, May 29-30 • 12:00 p.m. • Our holistic, well-balanced, evidence-supported courses are the fruit of APD/ YACEP's rich teaching experience internationally in clinical settings, workplaces, at schools and in her own private practice. They consist of easy-to-administer techniques carefully chosen for their benefits and come complete with contraindications. Participants will learn techniques, gain practical skills, and valuable insights, improve and develop fluency, accuracy, confidence, and competence when working with these highly effective techniques. Our courses will equip you with powerful tools to help clients and students manage health, relieve and eliminate stress from daily life, at work, and in the broadest sense possible. See website for cost. Open to the public. Contact Ema at EmaStefanova@cs.com or YogaAndMeditation.com.

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, May 23, June 27, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: June 9, July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, May 23, June 27, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Sometimes dreams are wiser than waking.
—Black Elk